

HAT-TRICK Places For People



As part of the Places for People (PfP) & StreetGames doorstep sport project, Hat-Trick, a local community sports provider, have been delivering weekly sessions for PfP residents in the housing estate in the West End of Newcastle. The focus of the programme is to engage as many young residents of PfP housing as possible, at sessions right on their doorstep. This project specifically engages young people from ethnically diverse communities and is mixed with significant engagement of female participants.

The project has been running since March 2022 and now incorporates three weekly sessions, this includes two weekly sessions for children and young people aged 7+ and a third session aimed at a parent group. The programme is targeted at PfP residents within the local housing to give them an opportunity to engage in physical activity sessions and raise their aspirations through long-term participation in sport. Furthermore, the project aims to embed leadership opportunities as an exit route towards education and employment.

This intervention aims to make the area a better place to live, by actively delivering sessions that create friendships, build relationships and instill trust in the community, tackling anti-social behaviour and racism as a byproduct. With several different nationalities housed in and around PfP housing, re-engagement of young people post-Covid was crucial to re-instill community spirit. Engagement in sport unites young people from different backgrounds who live in the same community.

By providing weekly multi sports sessions in and around the Places for People housing in Newcastle's West End, Hat-Trick have created a solid, and growing, participant base. Moorside Primary School has been the main venue for sessions, this has been a great asset to the project as there is a large outdoor play area and Multi Use Games Area with the added advantage of having indoor space available for sessions to continue with little disruption throughout winter.

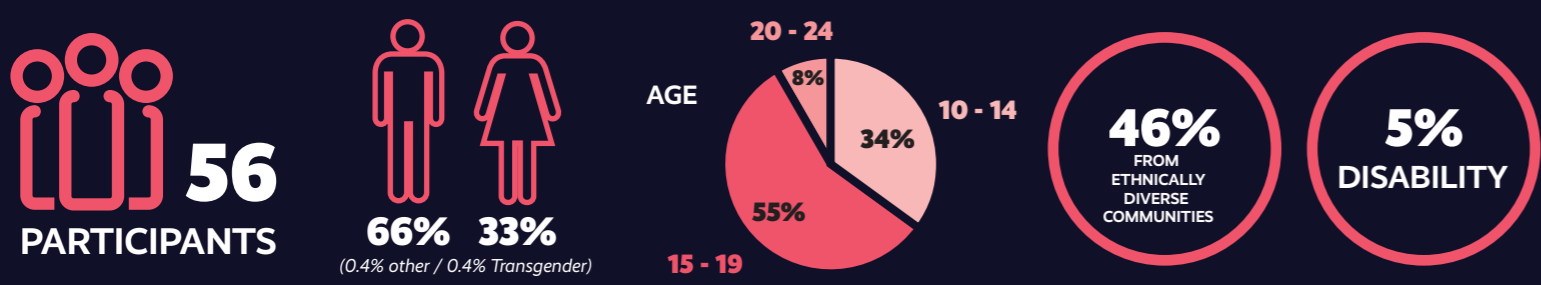
The addition of the women's wellness session was not a project requirement, but something that Hat-Trick strongly felt should be embedded. This session allows parents time to reflect, chat, enjoy fitness, cook, and enjoy family activities. Recently, Hat-Trick offered a free swim session for mothers and daughters which would not be customary for this audience, and 18 participants enjoyed this time together.

In total, Hat-Trick have now worked with 33 unique young people and 19 female mothers/carers who live in and around the PfP housing as part of this project. a demographic breakdown of the participants is shown below:



From speaking with young people, parents and staff from the project, the impact the session is having on the young people was clear, with one parent saying "This is the first opportunity the kids have had to engage in physical activities since Covid, and it has got them back socialising and into a great routine. Annemarie and Hat-Trick staff are superb and we're thankful for these sessions."

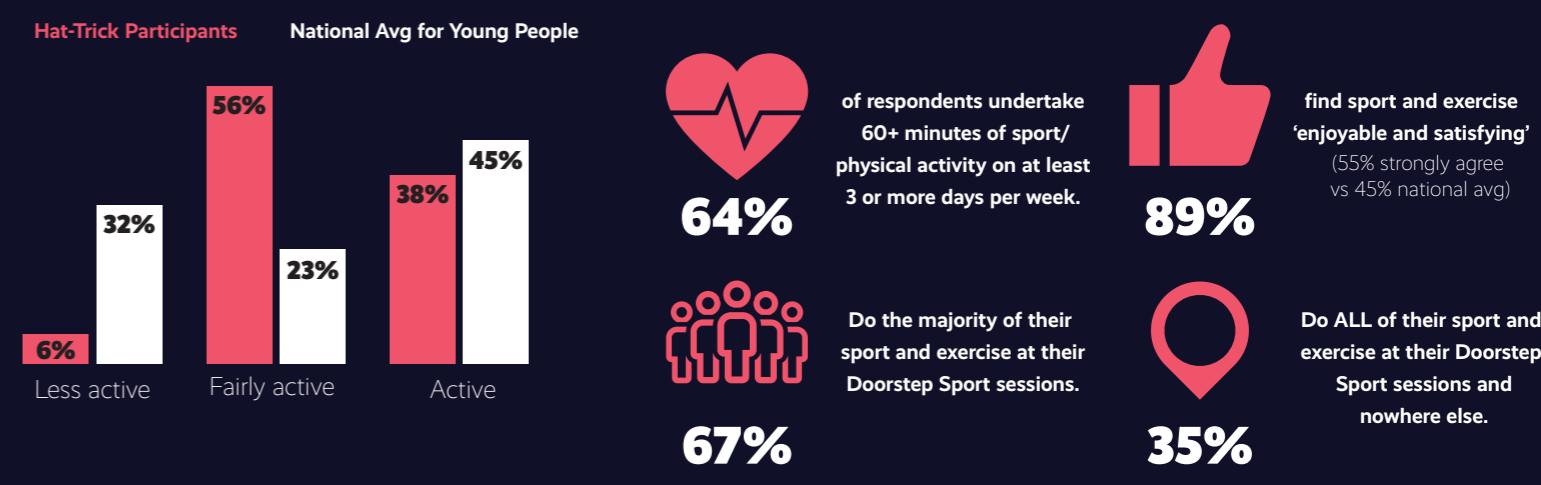
DEMOGRAPHICS



SURVEY RESULTS

PARTICIPATION

The collective survey tool allows us to explore participants activity levels by asking 'in the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?'. Using the collective survey tool, we are also able to measure the impact group attendance has on attitudes towards sport/physical activity and subjective wellbeing.



WELLBEING

In line with trends within national (Active Lives) data – the positive associations between being active and well-being are present amongst participants.



The graphs above show results relating to subjective well-being, using the ONS well-being questions related to: life satisfaction, happiness, and feeling things in your life are worthwhile.

RESILIENCE, TRUST & BELONGING

Means scores for participants in relation to self-efficacy is equivalent with national data and slightly higher for social trust than the national average for young people.

